

# Know Your Numbers

## Know your **BLOOD PRESSURE** numbers and write them down!

- ◆ Ask your doctor or nurse what your blood pressure numbers are.
- ◆ **Write them down.**
- ◆ Your numbers will improve as you work with your doctor and make positive lifestyle changes.

### What the numbers mean:

<b>Within Healthy Range:</b> Less than 120 systolic Less than 80 <i>diastolic</i>	Excellent! This is right where it should be and is a normal blood pressure.
<b>Approaching High Risk:</b> 120–139 systolic 80–89 <i>diastolic</i>	This is getting up there. You should recheck it within 2 weeks and begin lifestyle changes that can help keep it from becoming full blown hypertension.
<b>In High Range:</b> <b>See a doctor soon</b> 140–170 <i>systolic</i> 90–100 <i>diastolic</i>	Your blood pressure is high. You should see a doctor.
<b>High Reading:</b> <b>Seek medical care now</b> 170 or higher systolic 100 or higher <i>diastolic</i>	Your blood pressure is <b>very</b> high. Seek medical care now!

Created by the Heart Disease & Stroke Prevention Program, Washington State Department of Health